

Southwest White Bean Chicken Chili

Ingredients:

2 cups cubed chicken

2 cans (14 1/2 ounces each) white beans, drained and rinsed

2 cups chicken broth

1 can (4 1/2 ounces) chopped green chiles

1 medium Onion

1 teaspoon Cumin, Ground

1/2 teaspoon Oregano Leaves

1/2 teaspoon Garlic Powder

Directions:

Place onion and chicken in pan until tender and chicken is cooked. Add all ingredients in large saucepan; mix well. Bring to boil on medium-high heat. Reduce heat to low; simmer, uncovered 15 to 20 minutes until heated through.

5 servings @ 3 points, 4 points plus

Calories: 175 Fat: 3 g Carbohydrates: 15 g Cholesterol: 48 mg Sodium: 464 mg Fiber: 5 g Protein: 22 g

